



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01141, Egg, turkey, whole, fresh, raw

Report Date: July 09, 2017 12:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:12% Refuse Description: Shell

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 79g
Proximates					
Water	g	72.50	5	0.372	57.27
Energy	kcal	171	--	--	135
Energy	kJ	716	--	--	566
Protein	g	13.68	5	0.613	10.81
Total lipid (fat)	g	11.88	5	0.188	9.39
Ash	g	0.79	4	0.049	0.62
Carbohydrate, by difference	g	1.15	--	--	0.91
Fiber, total dietary	g	0.0	--	--	0.0
Minerals					
Calcium, Ca	mg	99	1	--	78
Iron, Fe	mg	4.10	1	--	3.24
Magnesium, Mg	mg	13	--	--	10
Phosphorus, P	mg	170	1	--	134
Potassium, K	mg	142	--	--	112
Sodium, Na	mg	151	--	--	119
Zinc, Zn	mg	1.58	--	--	1.25
Copper, Cu	mg	0.062	--	--	0.049
Manganese, Mn	mg	0.038	--	--	0.030
Selenium, Se	µg	34.3	--	--	27.1
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 79g
Thiamin	mg	0.110	1	--	0.087
Riboflavin	mg	0.470	1	--	0.371
Niacin	mg	0.024	2	--	0.019
Pantothenic acid	mg	1.889	--	--	1.492
Vitamin B-6	mg	0.131	--	--	0.103
Folate, total	µg	71	--	--	56
Folic acid	µg	0	--	--	0
Folate, food	µg	71	--	--	56
Folate, DFE	µg	71	--	--	56
Vitamin B-12	µg	1.69	--	--	1.34
Vitamin A, RAE	µg	166	--	--	131
Retinol	µg	166	--	--	131
Vitamin A, IU	IU	554	--	--	438
Lipids					
Fatty acids, total saturated	g	3.632	--	--	2.869
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.036	3	0.007	0.028
16:0	g	2.719	4	0.075	2.148
18:0	g	0.877	4	0.053	0.693
Fatty acids, total monounsaturated	g	4.571	--	--	3.611
16:1 undifferentiated	g	0.672	4	0.099	0.531
18:1 undifferentiated	g	3.899	4	0.137	3.080
Fatty acids, total polyunsaturated	g	1.658	--	--	1.310
18:2 undifferentiated	g	1.166	4	0.121	0.921
18:3 undifferentiated	g	0.079	4	0.024	0.062
20:4 undifferentiated	g	0.127	4	0.009	0.100
Cholesterol	mg	933	10	--	737
Amino Acids					
Tryptophan	g	0.219	--	--	0.173

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 79g
Threonine	g	0.672	--	--	0.531
Isoleucine	g	0.855	--	--	0.675
Leucine	g	1.201	--	--	0.949
Lysine	g	0.924	--	--	0.730
Methionine	g	0.442	--	--	0.349
Cystine	g	0.326	--	--	0.258
Phenylalanine	g	0.773	--	--	0.611
Tyrosine	g	0.569	--	--	0.450
Valine	g	0.985	--	--	0.778
Arginine	g	0.876	--	--	0.692
Histidine	g	0.330	--	--	0.261
Alanine	g	0.799	--	--	0.631
Aspartic acid	g	1.357	--	--	1.072
Glutamic acid	g	1.742	--	--	1.376
Glycine	g	0.455	--	--	0.359
Proline	g	0.543	--	--	0.429
Serine	g	1.040	--	--	0.822
Other					